

Need	Supporting Data	Needs Assessment / Data Sources
<p>Access Continuum: Culturally Responsive Services for Asian American and Native Hawaiian and Pacific Islanders (NHPI)</p>	<ul style="list-style-type: none"> - Asian/Asian Americans are least likely to have both the mental health and substance use knowledge, behavior and beliefs that support stigma reduction - Asian/PI beneficiaries have 4.4% penetration rate for Drug Medi-Cal although they make up 21% of beneficiaries - Suicide deaths by race/ethnicity increased in 2020 for Asians, compared to 2019. - Limited English proficiency remains a barrier to accessing health and social services for Asian Americans - NHPI faced the highest case and death rates from COVID 19 among the major race and ethnic groups - Pandemic hit Asian American and NHPI particularly hard economically - Long term unemployment for Asian Americans increased sharply between the fourth quarters of 2019 & 2020 - Asian American are less likely to be enrolled in public benefit programs than other race and ethnic groups 	<ul style="list-style-type: none"> - DHCS Performance Dashboard: Penetration Rates - BHRS Cultural Competence Plan - The Health, Mental Health, and Social Service Needs of Asian Americans and Pacific Islanders in California- San Mateo County Suicide Prevention Roadmap - SMC Stigma Baseline Survey
<p>Access Continuum: Culturally Responsive Services for Latinx</p>	<ul style="list-style-type: none"> - Latino beneficiaries have a 27% penetration rate for Drug Medi-Cal system although they make up 46% of beneficiaries - Community top themes included: -Top themes included: 1) Importance of mental health and available resources, 2) Lack of access to services 3) Desire to learn more about existing services 4) how to address stigma and mental health - Latinx population is not a homogenous group and needs culturally relevant mental health literacy, as well as policies that increase access across the group. - Mexicans and central americans more likely to identify symptoms that point to serious psychological distress, but not say they needed MH support. 	<ul style="list-style-type: none"> - Uncovering Unique Challenges: Variation in Unmet Mental Health Needs Among Latinx Ethnic Groups in California - County Health, Public Health Policy and Planning CCP Data
<p>Access Continuum: Culturally Responsive Services for LGBTQ+</p>	<ul style="list-style-type: none"> - LGBTQ+ community was greatly affected by COVID-19, at a disproportionate rate. - 85% of LGBTQ+ respondents reported negative impacts on emotional or mental health. - 26% experienced worsened mental health or were unable to access services -LGBTQ community has a lack of access to services and understanding by their providers -Not all safe LGBTQ+-affirming community spaces have opened to the public for gathering in-person - Increased distress is expressed when living with homophobic and/or transphobic family members -LGBTQ population most affected by suicidal ideation in age group (24-44) 	<ul style="list-style-type: none"> - Pride Center: COVID Impact Report -Dignity Health 2022 Community Health Needs Assessment -MHSA Annual Updates: PEI- Culturally Responsive Services -San Mateo County All Together Better Indicators
<p>Access Continuum: Culturally Responsive Services for Veterans</p>	<ul style="list-style-type: none"> - Veterans in county need support with access to benefits including mental and behavioral health, and housing. - More than half of the veterans are 65+ -Younger veterans include more women that would like services targeted towards women veterans such as sexual assault. 	<ul style="list-style-type: none"> - San Mateo County Veterans Commission Strategic Plan

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Access Continuum: Social Determinants of Health	<ul style="list-style-type: none"> - Low-income parents were more likely to encounter problems finding childcare and identified cost/inconvenient hours/locations and engaged in language development activities less frequently. - Providing food resources and applying for government grants for those that qualified such as Immigrant Families Fund - Continued impact of the COVID-19 pandemic on families in the areas of housing, financial and food instabilities and attaining needed resources due to documentation requirements for aid. - Families are frequently living in households with multiple members, impacting quality of life, privacy, and safety. - Low-economic households having difficulties with getting WiFi accessible 	<ul style="list-style-type: none"> - MHSA Annual Updates: PEI Ages 0-5 - MHSA Annual Updates: CSS C/Y and TAY FSP Programs - MHSA Annual Updates: CSS - Peer Drop-Ins - MHSA Annual Update: Peer/Family Supports - BHRS Cultural Competence Plan - DHCS Performance Dashboard: Penetration Rates - First 5 Strategic Plan 2020-2025 - San Mateo County Health Alert Highlights Pandemics impact on Mental Health and Substance Use - Consumer Perception Survey
Access Continuum: Timely Same Day Access for Acute Clients	<ul style="list-style-type: none"> - “Same Day Access” means a phone call to ACCESS line, same day call back and initial screening, within a week for a more thorough telephonic evaluation, and then up to a month before the client talks to a psychiatrist for a medication consultation. - When we get a client to agree to get treatment, the wait for real treatment is prohibitive. - Pandemic impacted client care and timely access to treatment. 	<ul style="list-style-type: none"> - MHSA Annual Updates: CSS - Field-Based Outreach for Clients/Families - MHSA Annual Updates: CSS - Criminal Justice Diversion
Access Continuum: Culturally Responsive, Trauma-Informed Services for Families of Children/Youth	<ul style="list-style-type: none"> - COVID impacted meal delivery and social gatherings for clients at Drop-in centers; increased isolation - Translation of materials for increased monolingual Spanish clients at SU Drop-in Center. - Continued hesitancy of many Transition Age Youth for in-person activities - Children/Youth under age 21 have a 3.0% penetration rate in 2020; compared to 3.9% large size counties and 3.4% med counties - Cultural barriers may include being afraid to ask for assistance, issues with legal status, and/or personal beliefs regarding mental illness. - Families struggle to connect with new supports due to their level of stress and ongoing needs and sometimes a hesitancy due to stigma around receiving mental health and/or other related services. - Compared to last year, the majority of the Consumer Perception Survey scores remained the same, Youth Participation and Satisfaction scores decreased by ~10% - Referrals though primary care increased 100% for youth - Low-income parents reported higher frequency of depressive symptoms compared to middle-to-high income parents and lower levels of both personal and neighborhood support 	<ul style="list-style-type: none"> - MHSA Annual Updates: PEI Ages 0-5 - MHSA Annual Updates: CSS C/Y and TAY FSP Programs - MHSA Annual Updates: CSS - Peer Drop-Ins - MHSA Annual Update: Peer/Family Supports - BHRS Cultural Competence Plan - DHCS Performance Dashboard: Penetration Rates - First 5 Strategic Plan 2020-2025 - San Mateo County Health Alert Highlights Pandemics impact on Mental Health and Substance Use - Consumer Perception Survey
Adult/ Older Adult Services: Integrated System of Care - Substance Use Supports	<ul style="list-style-type: none"> - Residential Treatment Programs (RTPs) - encountered delayed admissions, due to RTPs operating at half capacity. - Clients ultimately relapse during their quarantine period, resulting in an increase in rates of rearrest and hospitalization. - Creating consistent referrals amongst partnering agencies - 430% increase in overdose related referrals to IMAT --Rates of drug overdose have generally been rising -Drug overdose in California were highest among men, rate was highest for American Indian, Alaskan Native, non-Hispanic Blacks, non-Hispanic whites -16.5% reported binge drinking in the past 30 days -Highest percentage was 20.1% in RWC followed by La Honda, Half Moon Bay, and San Mateo -Substance use has increased with the pandemic, due partly to anxiety and isolation -Not enough treatment facilities in the county 	<ul style="list-style-type: none"> - MHSA Annual Updates: CSS - Substance Use Integration - Drug Medi-Cal Client Treatment Perception Survey- MHSA Annual Updates: CSS - Criminal Justice Diversion - San Mateo County Health Alert Highlights Pandemics impact on Mental Health and Substance Use - Dignity Health 2022 Community Health Needs Assessment

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Adult/Older Adult Services: Increased Complex Needs	<ul style="list-style-type: none"> - Hospitalizations increased in 2020 compared to previous year from 11% to 24% after 1 year of Full Service Partnership enrollment - Psychiatric Emergency Services events also increased in 2020 compared to previous year from 34% to 54% after 1 year of Full Service Partnership enrollment - COVID impact: increased complexity of clients (comorbidities, co-occurring) -Senior Health- lack of socialization has impacted cognitive, mental health and everyday living skills -Technology barriers for mental health among seniors -SMC Adults ages 65+ have a 3.7% penetration rate in 2020; compared to 1.7% large size counties and 2.0% med size counties -Of Seriously Mentally Ill Clients in CSS: Referrals from families -46% have Substance Use disorder; 27% from north county and 26% from central 	<ul style="list-style-type: none"> - MHSA Annual Updates: CSS Adult FSP Programs - FSP Outcomes Report, FY 20-21 - MHSA Annual Updates: CSS - Board and Cares- Dignity Health 2022 Community Health Needs Assessment - DHCS Performance Dashboard - MHSA Annual Updates: CSS- Field-Based Outreach for Clients/Families
Adult/Older adult Services: Suicide Prevention - General Population	<ul style="list-style-type: none"> - Suicide deaths increased 32% from 2019 to 2020 - Suicide deaths by city increased in Belmont and in Redwood City - Suicide deaths by race/ethnicity show an increase in 2020 for Asians, compared to 2019. - Suicide deaths by birthplace for 2020 show an increase amongst individuals born in a country other than the United States - White, male, single, 51-60 years appear to be at disproportionate risk of suicide death - Adults ever diagnosed with depression, Coast most affected followed by South County North Fair Oaks, East Palo Alto 	<ul style="list-style-type: none"> - San Mateo County Suicide Prevention Roadmap
Adult/Older Adults Services: Poor Mental Health	<ul style="list-style-type: none"> - In Medicare population, Black residents highest percent, for depression - Poor mental health days, South county most affected, followed by Coast, North then Central - Family life impairment due to mental health increased since 2018 - Not getting help online, no time, don't think it would be helpful 	<ul style="list-style-type: none"> - All Together Better Indicators SMC - California Health Interview Survey
Crisis Continuum: Psychiatric Emergency Services	<ul style="list-style-type: none"> - Premature discharge from inpatient hospitalization (5150) while the client is seriously impaired. - Discharge without a coherent and cogent discharge plan. These clients get repeatedly 5150d and tax the entire system. 	<ul style="list-style-type: none"> - MHSA Annual Updates: CSS - Field-Based Outreach for Clients/Families
Crisis Continuum: Response, Stabilization, Supports	<ul style="list-style-type: none"> - Police officers, behavioral health providers, and community stakeholders face challenges in determining and implementing the proper ways to intervene during behavioral health crises. - In 2016, a quarter of all fatal police shootings nationwide involved people with behavioral health or substance use conditions. 	<ul style="list-style-type: none"> - BHC Crisis Coordination Recommendations
Housing Continuum: Culturally Responsive Early Intervention Strategies	<ul style="list-style-type: none"> - Black, Indigenous, and People of Color (BIPOC) are over-represented amongst unsheltered - Latinx are 34% of homeless population but make up less than 24% of the population - Black 19% of homeless population but make up only 2% of the population - NHIPI are 8% of homeless population but make up only 1% of the population - Native American are 4% of homeless population but make up less than 1% - Largest # of homeless in East Palo Alto and Redwood City 	<ul style="list-style-type: none"> - Strategic Plan on Homelessness - Dignity Health 2022 Community Health Needs Assessment
Housing Continuum: Navigation and Maintenance	<ul style="list-style-type: none"> - Supporting with families with housing, both maintenance and supporting them with housing vouchers. - "Remaining in home" was identified as the top priority for older adults based on needs assessment 	<ul style="list-style-type: none"> - MHSA Annual Updates: CSS - Peer/Family Supports - SMC Aging and Adult Services Area Plan
Housing Continuum: Older Adults with Complex Needs	<ul style="list-style-type: none"> - Housing in a community setting with the necessary supportive services for older adults has continually become an increasing challenge. - Very limited supply of licensed board and care providers willing to care for older clients with their multiple health issues and needs and their limited financial resources. 	<ul style="list-style-type: none"> - MHSA Annual Updates: Older Adult System of Care

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Housing Continuum: Permanent Supportive Housing for Individuals Living with Mental Illness	<ul style="list-style-type: none"> - 44% experiencing chronic homelessness, 32% reported having a serious mental illness, 21% a substance use disorder - Housing crisis magnified for people living with mental illness - Aging parents struggle to find homes for their adult children where they can live independently and are concerned for their children when they are gone - Gap in subacute permanent affordable supportive homes 	<ul style="list-style-type: none"> - Solutions for Supportive Homes - NAMI Family Survey - Strategic Plan on Homelessness
Housing Continuum: Residential Care Homes	<ul style="list-style-type: none"> - There is no Intermediate Care Facility level of service in San Mateo County - Very limited resource of Assistant Living facility in the county - There is a gap in subacute care facilities - Continuing closure of our B&C facilities. 	<ul style="list-style-type: none"> - MHSA Annual Updates: Older Adult System of Care - Solutions for Supportive Homes - MHSA Annual Updates: CSS - Board and Cares
Workforce: Behavioral Health Workforce Shortages	<ul style="list-style-type: none"> - Staffing challenges cited by all Full Service Partnership providers; impacts clients to have regular treatment team transitions - Especially challenging to recruit Transition Age Youth Family Partners - Hiring and recruitment of crisis mental health clinicians, impacts ability to provide referrals and case management services - High staff turnover, clinical staff are not enough for the demand; creating ongoing waiting list for clients - Lack of sufficient staff led to negative impacts to clients and community - Hiring Spanish bilingual mental health clinicians is challenging - Turnover of staff at the school districts and other collaborating agencies - High staff turnover in difficult-to-fill positions for early psychosis - Not enough therapists to meet the high demand of incoming clients - High staff turnover led to staff doing whatever it takes to fill the need at the cost of burnout and impacting staff wellness. - Increased need of support by the community due to COVID, burn out is real - High staff turnover led to decreasing amount of participants - Difficult to recruit, fewer applicants for internships within BHRS 	<ul style="list-style-type: none"> - MHSA Annual Updates - All Programs
Youth Services: Juvenile Justice Involved Youth	<ul style="list-style-type: none"> - Redwood City had highest for youth on probation and juvenile arrests. - Race/ethnicity of majority of youth on probation and most served by juvenile justice funding was Latinx, Black and Asian. - 70% of youth in the juvenile justice system have a mental health disorder. - Juvenile justice stakeholders identified need for mental health supports, trauma- specific services, substance use services, parent education, stigma reduction for mental health 	<ul style="list-style-type: none"> - Supporting At-Risk Youth
Youth Services: School-Based Supports	<ul style="list-style-type: none"> - High staff turnover cited by all providers; specific need for bilingual English-Spanish clinician in the face of a state- and nationwide shortage of mental health providers - Many schools and programs are dealing with the challenges of returning to in-person instruction and staff shortages. - The Wellness Teams at various sites often were too busy - Not all school districts have wellness counselors; need for supervising clinicians as well - CA is failing to proactively help children stay away from harmful substances and does not systematically provide tx services to children and youth with substance use disorders 	<ul style="list-style-type: none"> - MHSA Annual Updates: PEI - Youth
Youth Services: Substance Use Supports	<ul style="list-style-type: none"> - too many people use vape pens with marijuana, tobacco or fentanyl - candy flavored vape products and marketing targeted towards youth make it more likely that young people will become long-term users - by 11th grade, majority of CA students have used alcohol, misused cold medicines/pain prescription or used marijuana; over half of California's 12th grade students have used vape products - deaths due to drug overdose spiked during the pandemic 	<ul style="list-style-type: none"> - California Children's Report Card 2022

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Youth Services: Adolescent Suicide Prevention	<ul style="list-style-type: none"> - Teens experienced higher serious psychological stress than adults - SMC high schoolers were more likely to seriously consider suicide than statewide - Starting in 7th grade increase in depression each following year - Rates of suicidal ideation higher in girls, highest in BIPOC communities (PI, multiracial, Black, Asians, Latinx) - A growing percentage of teens experience major depression symptoms - Youth are expressing increased anxiety around public speaking and socializing due to the social isolation and distance learning from COVID - Youth with depression related feelings by race/ethnicity show highest percentage for NIPH 43.6%, followed by Latinx students 29.8%. - Youth suicide and self inflicted injury by race/ethnicity show highest percentage NIPH, followed by multiracial and Black students. - By fall 2020 MH hospitalizations for suicide attempt and self injury rose by 41.7% , 43.8% rise among adolescents, and 49.2% rise for girls. Overall hospitalizations increased 12.8% for self injury. -isolation, stress and increased material hardship of the pandemic have strained the vulnerable mental health of CA youth (students rated their mental wellness at 7 or higher on a 10 point scale - 68% (pre-pandemic) 39% (pandemic) - Major Depressive episodes among youth have grown in recent years but about 1/3 of youth have received treatment in 2019 - The suicide rate among Black youth has dramatically increased 	<ul style="list-style-type: none"> - MHSA Annual Updates: PEI Youth - DHCS Performance Dashboard - Mental Illness Diagnosis- Dignity Health 2022 Community Health Needs Assessment - California Healthy Kids Survey 2019 - California Children's Report Card 2022 - Use of Acute Mental Health Care in U.S. Children's Hospitals Before and After Statewide COVID-19 School Closure Orders